

# WEEKLY SPECIALS

Prices Effective March 7 to March 13, 2019.

100% BC Owned and Operated



## Choices is Proud to Carry New Zealand Spring Lamb

Raised Without Antibiotics • Grass Fed • Free Range  
No Added Hormones • Humanely Treated

New Zealand Spring Lamb is raised without the use of antibiotics or growth hormones to ensure you are enjoying the best all-natural product possible. Pasture-raised on a diet of fresh New Zealand grasses, our lamb is naturally tender and lean with a pure, mild flavour. Whether you're hosting a dinner or a crowd or enjoying a quiet night in, our versatile selection of lamb products lets your creativity roam in the kitchen.

**Find it in our Meat Department!**



**12.99lb**

Boneless Leg of Lamb Steaks or Roasts from New Zealand Lamb Company  
**28.64kg**

**8.99**

Beyond Meat Sausages  
assorted flavours  
package of 2  
**from Deli Dept.**

**NEW!**



**5.99**

Choices' Own Plant Based Vegan Bowls  
assorted varieties  
**from Deli Dept..**



**4/5.00**

Organic Ataulfo  
Mangoes Imported  
from Mexico



**KETO**

**Paleo**

**2.99 to 8.99**

Choices' Own Keto and Paleo Baked Goods  
assorted varieties  
assorted sizes



Choices' Own Organic Beans  
assorted varieties  
398ml

**3/5.00**



Wolfgang Puck Organic Soup  
assorted varieties  
398ml

**2/5.00**



Everyone Natural Hand Soap and Body Care Products  
assorted varieties  
assorted sizes  
reg price 4.99-17.79

**25% off**

Progressive Vitamins and Sports Nutrition Supplements  
assorted varieties  
assorted sizes  
reg price 29.79-69.99



**20% off**



# GROCERY

Choices' Own Organic Milk 2L



from  
The Fraser  
Valley!

**4.49** Skim, 1 & 2%

**4.99** 3.8%



Terra Breads Granola

**6.99** 454g

**12.99** 1kg

Liberté Skyr Icelandic Style  
Yogurt and Organic Kefir



assorted varieties

**3.99**  
500g Skyr

**2/7.00**  
454ml Organic Kefir



Natur-A Beverages  
assorted varieties  
946ml

**2/5.00**

Extra  
Savings!



Jordans Morning Crisp  
Cereal and Organic Muesli  
assorted varieties  
450-500g

**4.99**

Rabbit River Vegetable Fed  
Free Run Large Eggs  
1 Dozen



**4.49**



Dairyland Whip Cream,  
Table Cream and Creamo  
assorted varieties  
473ml & 225g

**1.69 to  
3.49**



Frog Friendly Organic  
Wild Coffee Beans  
assorted varieties  
340g

**9.99**



Numi Organic Tea  
assorted varieties  
12-18 pack

**5.99**

Patisserie Lebeau Frozen Waffles  
assorted varieties 300g



**3.99**



Uncle Luke's  
Organic Maple Syrup  
assorted varieties  
1L

**20.99**

Extra  
Savings!



Nature's Nuts  
Almond Butter  
assorted varieties

**8.99** 500g Regular

**10.99** 340g Organic

Woolwich Chevrei Goat Cheese  
assorted varieties 113g



**3.49**

Avalon Organic Cottage Cheese



1 & 2%  
500g

**5.49**

Liberté Organic Butter  
salted or unsalted 454g



**7.99**

Green Organic Frozen Vegetables  
assorted varieties  
500g



**3.79**

Simply Pure Light Tuna



chunk & flaked  
170g

**2/3.00**

Extra  
Savings!



Biovert Dish Liquid  
and Laundry Detergent  
select varieties  
700ml-4.43L

**2.99** Dish Liquid

**10.99** Laundry Detergent

# GROCERY



Hardbite Potato Chips  
assorted varieties  
128-150g

**2/5.00**



Coconut Bliss Organic  
Non-Dairy Ice Cream Bars  
assorted varieties  
3-4 pack

**5.99**



Happy Planet Smoothies  
assorted varieties  
900ml  
+deposit +eco fee

**3.99**



Sensible Portions  
Veggie Chips and Straws  
assorted varieties  
141-142g

**2/6.00**

Kind Healthy Grains Bars



assorted varieties  
175g

**3.99**

Wonder+Well Infused Water  
assorted varieties 8 pack • +deposit



**4.99**



**Extra Savings!**

Three Works  
Apple Chips  
assorted varieties  
50g

**2/6.00**



RoðBar Organic  
Energy and Protein Bar  
assorted varieties  
45-60g

**2/4.00** 45g

**2/5.00** 60g

Squamish Water Kefir Company



assorted varieties  
355ml  
+deposit +eco fee

**2.99**

Carr's Crackers  
assorted varieties  
125-200g



**2.29 to 4.29**



**Extra Savings!**

Green & Black's  
Organic Fair Trade  
Chocolate Bars  
assorted varieties  
100g

**2/7.00**



Coco Libre Organic Coconut Water  
1L  
+deposit +eco fee

**3.79**



Real Foods  
Organic Corn Thins  
assorted varieties  
150g

**2/5.00**



Haribo Gummies  
assorted varieties  
175g

**2/4.00**



Choices' Own Natural Spring  
Water from Pemberton, BC  
assorted varieties  
500ml-9.5L  
+deposit +eco fee

**.79 to 5.99**



Choices' Own  
Sprouted Vegan Cookies  
assorted varieties  
312g

**4.99**

Panda Licorice  
assorted varieties



**.79** 32g

**2.99** 170g



SweetLeaf Stevia Water Drops  
assorted varieties  
48ml

**3.99**



# DELI

Grimm's Honey Ham



**1.69/100g**

Choices' Own Tofu Salads  
assorted varieties



**1.99 to 2.49**

Tartine Tarts Shepherd's Pie  
or Vegan Lentil Shepherd's Pie



**4.99 to 5.29**



Happy Planet Soup  
assorted varieties  
500-650g

**5.99**

IndianLife Naan Bread



assorted varieties

**5.49**

Habibi's Hummus  
assorted varieties 200g



**3.99**

Tre Stelle or Dofino Cheese Slices



**4.99**

Goat Feta Cheese



**2.49/100g**

Bothwell Cheese



**2.49/100g**

Italian Imported Grana Padano or Parmigiano  
Reggiano Cheese



**4.49/100g**

# PRODUCE

BC Grown Organic Sun Dried Cherry and  
Nectarinechip Mix from Elam's Organics  
assorted varieties  
84g package  
reg price 5.98



Organic Rainbow  
Bunch Carrots  
from California

**1.98**

Red Tomatoes on the Vine Imported  
**3.92kg**



**1.78lb**

Organic Minneola Tangelos from California  
**4.37kg**



**1.98lb**



Organic Romaine  
Lettuce from  
Ecocompos in Mexico

**1.98**

**BUY 1  
GET 1**

**FREE**



# MEAT



Organic Chicken Wings  
value pack  
15.41kg

**6.99lb**



Choices' Own Ground Chicken  
raised without antibiotics  
24.23kg

**10.99lb**



Pork Side Ribs  
regular or sweet and sour  
raised without antibiotics  
9.90kg

**4.49lb**



Beef Stewing Meat Grass Fed  
raised without antibiotics  
value pack  
17.61kg

**7.99lb**



Iceland Cod Fillets  
41.87kg

**18.99lb**



100% Grass Fed  
New York Steaks Aged  
21+ Days from Australia  
value pack  
22.02kg

**9.99lb**



Wild-Caught Ahi Tuna  
Loin Steaks Sashimi Grade  
44.07kg

**19.99lb**



BC Fresh Duck  
raised without antibiotics  
8.80kg

**3.99lb**



duBreton Organic Bacon  
250g

**9.49**



Choices' Own Pork Sausages  
assorted varieties  
made in-store  
17.61kg

**7.99lb**

# BAKERY

Choices' Own St. Patrick's Day Cookies  
and Cupcakes assorted varieties assorted sizes



**3.99 to 7.99**

Choices' Own Multigrain Bread  
or Sourdough Multiseed Bread  
530-600g



**4.99**

Choices' Own Muesli, Fruit and Granola Bars  
assorted varieties assorted sizes



**2.99 to 4.49**

# WELLNESS



New Roots Wild Oregano Oil C93

**9.99** 15ml

**17.99** 30ml

**27.99** 50ml

Pranin Organic Purefood



Purefood B, Purefood C,  
Purefood Iron and  
Complete A to Z  
assorted sizes  
reg price 31.99-77.49

**20% off**

Gabriel Cosmetics and Gabriel Kids Body Care



Make Up, Nail Polish,  
assorted varieties  
assorted sizes  
reg price 10.99-48.79

**20% off**



Amazing Grass Green Superfood  
and Protein Superfood Powders  
assorted varieties  
assorted sizes  
reg price 27.79-69.99

**20% off**



Kaizen Protein Powders  
assorted varieties

**31.99** 100% Whey 908g

**38.99** Whey Isolate 840g

**36.99** Vegan 840g



Jason Body Care Products

Hair Care, Body Wash and More  
assorted sizes  
reg price 6.79-17.99

**20% off**

# BULK

Rice and Beans  
Select Varieties  
Bins and Random Weight Bags

**20% off**



Kitsilano  
604.736.0009

Cambie  
604.875.0099

Kerrisdale  
604.263.4600

Yaletown  
604.632.3292

Commercial Drive  
604.678.9665

Kelowna  
250.862.4864

South Surrey  
604.541.3902

Burnaby Crest  
604.522.0936

Burnaby Marine Way  
778.379.5757

Abbotsford  
604.744.3567

North Vancouver  
604.770.2868

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted.

# GROCERY



Rustichella  
Artisan Pasta  
assorted varieties  
500g

**4.99**



Silver Hills Bread  
assorted varieties  
assorted sizes

**3.99**



Spectrum Cooking Oil  
assorted varieties  
assorted sizes  
reg price 6.99-27.49

**30% off**



Choices' Own  
Gourmet Pasta Sauce  
assorted varieties  
750ml

**7.99**



Wedderspoon Manuka  
Honey Apple Cider Vinegar  
750ml

**12.99**



Annie's Home Grown  
Pasta Side Dishes  
assorted varieties  
149-170g

**2/5.00**



Suzie's Organic Mustard,  
Ketchup and Mayonnaise  
assorted varieties 237-499ml

**3.49** Mustards

**4.99** Ketchup & Mayo



Wild Moon Organic  
Bone Broth  
assorted varieties  
450ml

**8.49**



Bragg Liquid Soy Sauce

**4.99** 473ml

**7.99** 946ml



Cape Herb and Spice Seasonings  
assorted varieties  
175-390g

**6.99 to 10.99**



Yves Vegan Products

assorted varieties  
120-400g  
reg price 3.59-8.49

**30% off**

## Tasty Recipe

## Choices is Proud to Carry New Zealand Spring Lamb



Raised Without Antibiotics • Grass Fed • Free Range • No Added Hormones • Humanely Treated

### ROAST LEG OF LAMB WITH MEDITERRANEAN VEGETABLES

- 1.6-1.8kg frozen New Zealand Lamb Leg
- 4-5 long sprigs fresh rosemary
- 3 garlic cloves, peeled and sliced
- 2 red and 2 yellow peppers, deseeded and cut into chunks
- 2 red onions, peeled and cut into wedges
- 3 medium courgettes, trimmed and thickly sliced
- 6 ripe tomatoes, quartered
- freshly ground black pepper



1. Preheat the oven to 350C. Unwrap the lamb and make around 25 small, deep cuts in the surface of the meat with a sharp knife. Poke small sprigs of rosemary and garlic well into the lamb. Place in a roasting tin and season with ground black pepper. Cover loosely with foil and roast for 1 hour, 20 mins.

2. Remove lamb from the oven and discard foil. Spoon off any fat from the tin. Scatter all the vegetables, except the tomatoes, around the lamb and return to the oven for a further 40 minutes until the lamb is cooked to taste, turning the vegetables halfway through.

3. Place lamb on a warmed serving platter, cover loosely with foil and leave to rest in a warm place for 15 minutes. Add the tomatoes to the roasting tin and return the vegetables to the oven for a further 10 minutes. Carve lamb into thin slices and serve with the vegetables.